

Janet - our 1,000th trainee

When practice nurse Janet Chatburn decided to widen her knowledge of prostate disease she never expected a standing ovation.

For Janet had the unexpected honour of being the 1,000th health professional to attend the ninth of our free *ABC of Prostate Diseases*, seminars.

Janet, a practice nurse specialising in chronic disease management at Hawthorn Surgery in Leeds, says it was well worth sacrificing a day's holiday to attend.

She explains: 'For a while now, I've been thinking that we provide a lot of services for women – which is wonderful – but not as much for men.

'Because I see quite a lot of men on a day-to-day basis at the practice I wanted to improve my knowledge of conditions like prostate disease – so I jumped at the chance to attend!

'I'm now looking at what we do in our practice – and what changes we need to make as a team when it comes to dealing with prostate problems.



'A lot of men are reluctant to discuss personal health issues but they might be happy to pick up a discreet brochure to take home and read later. So I'm definitely stocking up on lots of leaflets, booklets and posters for our new waiting room.

'It's been a very worthwhile course and I'll definitely recommend it to colleagues. The fact that you provide it free, makes it even more worthwhile.'

John Anderson, Chief Executive of **Prostate UK**, was thrilled with Janet's attendance. 'To celebrate the 1,000th attendee to one of our training seminars is a real achievement,' he says. 'The aim is to help medical professionals to be better prepared to deal with all prostate diseases and we are delighted with Janet's reaction'.

'Feedback from the conference revealed that 100 per cent of attendees would recommend the seminar to others. Less than 25% felt they were *well, or very well, informed* about prostate diseases before the day. This figure rose to 100% at the end of the seminars. Those statistics speak for themselves!'

Mega month of fund raising

Prostate UK ran more events in June than any month in our history. Our chairman with 20 other stalwarts defeated the Isle of Wight coastal path in a mere three days raising vast but as yet unquantified sums of money in sponsorship. (See *Walking* overleaf). The racing Yacht Leopard, broke records round the island on the same weekend wearing **Prostate UK** colours. (See *Sailing*). The Ambassadors hosted a grand dinner at the Goldsmiths Hall raising some £140,000. (See *Dining*) And with help from Simplyhealth, Pants in the Park, our annual awareness raising event, took place at five venues all extremely well supported. (See *Pants in the Park*)

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Walking

Much of the Isle of Wight coastal path is breathtakingly beautiful. However, it is strange how you don't always appreciate the full scenic beauty of it when your legs are aching and your feet are blistered!

In July we undertook the ninth Annual Challenge for **Prostate UK**. Only the indefatigable Andrew Etherington has accompanied me on all nine of them and as usual he was there as 21 of us gathered in Shanklin for our pre-challenge briefing. There was a palpable nervousness about the group, as walking 69 miles in three days is no small feat; it is usually recommended that one takes five days to complete the circuit of the coastal path successfully.

The first day was a 24 mile stretch along the cliff tops from Shanklin to Gurnard followed by another 24 miles from Gurnard to Freshwater Bay on day two. Hugh Sharp and Harley Atkinson



guided us impeccably and Roger Plail kept morale high with his usual good humour and wit.

Day three and the end was in sight, but we still had 21 miles to walk. We took in the outstanding scenery across the Downs, walked past the famous Needles, and then turned east along the seriously eroded, but wonderfully scenic, south coast. We completed the last segment in high spirits and we celebrated with a

glass of champagne back in Shanklin. So far, thanks to your amazing generosity, we have raised over £80,000 towards our mission to stop prostate diseases ruining lives. Donations are still coming in and the total amount raised will be announced at the Annual Luncheon at the Dorchester on the 17th October; see you there! And who will join us next year for our 10th Challenge?

Roger Kirby

Sailing



Once again, **Prostate UK** was chosen as one of JP Morgan Asset Management's preferred charities for the 2008 Round the Island Race, along with Breast Cancer Care, the Ellen MacArthur Trust and Macmillan Cancer Support. This year 1,875 boats took part, and Leopard, the 100 foot super maxi yacht owned and skippered by Mike Slade, raced in our name as part of the newly established Charity Squad. Mike was supporting us

in recognition of Kit and Susie Hobday's *Ignorance Isn't Bliss* campaign. As if that wasn't enough Leopard also broke the record for the fastest monohull to circumnavigate the Isle of Wight by completing the course in under four hours. Also racing in our name was a *dvanced* prostate cancer

sufferer Robin Wood who yet again used the Round the Island race to raise over £2,500 for **Prostate UK**. Despite the windy conditions – several boats suffered ripped sails and even the odd crew member overboard – Robin's boat Noumanon kept up a good pace throughout and was rewarded with its best ever result, 13th in their group and 61st overall - well done Robin and crew!

Dining



This year the annual dinner hosted by our Ambassadors took place in the spectacular Goldsmiths Hall. This magnificent venue is one of London's hidden treasures and we were extremely fortunate that our event coincided with a major exhibition of English Church silver, under the patronage of the Archbishop of Canterbury - the first such exhibition on a national scale for more than half a century. Ambassador Scott Cormack brilliantly hosted the evening and a staggering £140,000 was raised. Guests were treated to a champagne reception, three course meal and auction packed with *money can't buy* items.



Firstly and most importantly a huge thank you to everyone who took part in Pants in the Park 2008. Our annual fun run, in partnership with Simplyhealth, went nationwide and took place in Andover, Bristol, London, Leeds and Manchester. Father's Day was awash with Pants, with the exception of the Bristol fun run, the following weekend, as our intrepid runners ran to raise awareness and funds. We have already raised over £30,000 and sponsorship is still flooding in; but even more importantly we have made a real impact in all these regions. Local newspapers including *The Manchester Evening News*, *Yorkshire Post*, *Andover Observer*, *Western Daily Press* and *Wandsworth Guardian*



Runners at Andover including the CEO of Simplyhealth warm up before the run

covered each event and Pants in the Park even made it to Asia as the London run was featured in a Japanese newspaper as well as on Korean TV

Local radio stations were at each run supporting **Prostate UK** and adding to the fun factor, keeping spirits high and egging on the participants. Celebrities were on hand to help motivate our runners. Sir Jimmy Savile was in Roundhay Park and Bristol rugby stars Luke Arscott and David Blaney inspired a few sprint finishes as they handed out the medals at Ashton Court. We were also lucky enough to have a representative of the charity at each location who spoke to the runners and explained how their support really would help stop prostate diseases ruining lives. When Tony Kilmister, the founder of **Prostate UK**, spoke in Manchester you could have heard a pin drop.

Over 700 runners, ranging from three to eighty seven years old, took part in the five fun runs, wearing their pants superman style as they ran, jogged or walked one of the 5km courses. As you can see from the photos, the standard of Pants was fabulous with each location having more than enough worthy winners.

We would like to say a special thank you to Trustee Tony Wicks who revamped our website so that participants could enter online. This was no mean feat and was done in record breaking time.

If you didn't make it to a Pants in the Park this year, never fear because we will be back. Our partners Simplyhealth, without whom this expansion of Pants would not have been possible, are keen to be involved next year too so keep Father's Day, 21 June free and look out for additional locations.



One such item, was a ride of a lifetime with Sir Stirling Moss OBE in a Ferrari 250 GTO around the Brands Hatch circuit. Needless to say, this lot generated a bidding war but Sir Stirling, who was present at the dinner, kindly agreed to take both bidders around the circuit. Not only did this result in additional funds for **Prostate UK** but also secured us coverage in national newspapers. The event was a huge success but couldn't have happened without the support of several companies who donated their time and services for free and for which we are extremely grateful.

Funds motoring along just nicely . . .

Roy's MGB Roadster has been his pride and joy since 1972. But as a grateful survivor of prostate cancer he has now sold it and donated every penny of the £10,000 plus proceeds to **Prostate UK**.

Roy, 77, a retired scientist, told us 'I used to drive it, hood down, with my wife, Ann, but since she died I have been



sometimes painfully aware of the empty passenger seat. So for some time I have been thinking of finding a new good home for it.'

Roy has been a supporter of **Prostate UK** since being diagnosed with prostate cancer in 1996. 'I was very fortunate and went on to make a full recovery. Hopefully, donating my car will help raise both funds and awareness of the importance for men to take notice of potential problems with the prostate.'

. . . and more on a motoring theme

Readers may recall **Prostate UK's** relationship with the London Taxi Drivers' Association and their agreement to publish articles about prostate disease in *TAXI* their fortnightly magazine. The predominantly male readership (in excess of 14,000) and the articles have generated a considerable number of calls for assistance.

Now, thanks to Roy, the MG Owners Club has also agreed to run a similar series in their monthly publication *MG Enjoying* which has a distribution of 40,000. Great Awareness! Should you wish to read these articles, log on to www.mgownersclub.org.uk

Golf stories Windsor Mayor's Golf Day

Leo Walters, Windsor's Mayor recently held his popular annual golf day at the Maidenhead Club. Seventeen teams of four took part, including one from the Royal Household. The day was a great success, raising over £770 for our charity - a wonderful time was had by all. Prizes included an iPod, champagne and a unique **Prostate UK** tie!

Ronnie Corbett Golf Day

Addington Golf Club held The Ronnie Corbett Charity Classic in June. Guests enjoyed an 18 hole 4-ball competition with a *beat the pros* game, charity auction and raffle as well as a three course meal hosted by Ronnie Corbett. The auction was unusual with a magician as auctioneer and lots included one of the last ever signed photos of the two Ronnies donated by Mr Corbett himself. The event was a huge success and raised an incredible £13,000 for **Prostate UK**.



Darren Cain, the young Cheadle golf professional, is climbing through the ranks of the EuroPro Tour, which aims to provide a launch pad for the stars of tomorrow.

He is also currently raising funds for **Prostate UK** with his grandfather, currently battling prostate cancer, in mind. Thanks to Darren, the players tour has adopted **Prostate UK** as its charity. As well as the publicity he gives us directly he has also organised a Pro-Am tournament with all players wearing our trademark blue. For further information and details on how you can help Darren please contact him at dc.golf@hotmail.co.uk

Wine Maestro's Recipe

Seven interesting wines, 16 keen wine tasters, an attractive venue, an experienced presenter, an enthusiastic host. Brew for a couple of hours.

Uruguayan wine producers kindly donated seven undiscovered and exciting wines. Brett Jones of www.thewinemaestro.co.uk, recovering from prostate cancer, found the tasters. He is an experienced professional in organising tasting events. The owners of the Hoop in Stock, Essex, kindly provided the venue. Wine writer Wink Lorch of www.winetravelguides.com presented the wines with flair.

Outcome: a successful fund raising event producing £450 for **Prostate UK**, with the support of the tasters!

The HAZZAZ Bellydancers

We are delighted to have been chosen as the annual beneficiary charity of the HAZZAZ belly dancers. The colourful HAZZAZ team include women from all walks of life from as young as twelve to their mid 70s. These tireless



entertainers have been busy fundraising everywhere from the Women's Institute to nursing homes around the Oxford area. No doubt they attracted interest as well as raising an impressive £860 for our charity. Well done, ladies.

A special thank you to . . .

Robbie and Reuben Burns who raised £2500 on their *Original Sinners* Mount Kenya Trek.
Owen R. Clarke who fundraised for us by playing his keyboard at his local car boot sale and nominated **Prostate UK** to benefit from the Shrivenham Bowls Club Annual Dinner and Presentation Evening.

Adrian Goldsmith whose annual **Prostate UK** golf day this year raised £1,181.

John Gould who bravely gave up alcohol for Lent raising £533 in sponsorship.

Andrew Kneen who gave a set of lectures and raising £523 for the charity.

Derek Riley who kindly raised donations instead of presents for his birthday in memory of Peter Finch.

Janet Roberts for raising £330 in lieu of birthday presents at her 60th birthday party.

Tracey Stafford for donating the proceeds from a talk she gave to her local Townswomen's Guild.

The Weston Group of Friends who kindly selected us as a beneficiary charity this year and donated £150.

Mr and Mrs Wheeler who recently raised £200 at their Ruby Wedding anniversary. Congratulations!

Wycombe Abbey School for donating £129 collected at their Pitt House Chapel Service in April.

Guy Woodford writes

Our annual walk in the Alps last year involved some 29 friends from across the globe, the common thread being membership of *The Hong Kong Hash House Harriers* in the 70's!

We all walked (most of us) for twelve days for up to seven hours a day. Our practice is for the organiser to budget before hand and call for payment just before the walk starts. Albert Hauseman (*Tic Toc to his friends*) was our organiser last year. Through prudent Swiss cash management he achieved a surplus of £2,300 which he decided to add to my fund raising for **Prostate UK**.

The funds have been handed over and Guy's total now exceeds £111,000.

Our most grateful thanks to all the walkers involved.



*Guy Woodford after a long slog up the mountain!
Hence the red wine!*

Hike for Hope next March

Having raised nearly £1 million to stop prostate and gynaecological cancers ruining lives, *Hike for Hope* is back. This time our regular overseas challenge in conjunction with Wellbeing of Women will take place 14-22 March 2009 as hikers trek across the magnificent Sinai Desert in Egypt to the Red Sea. This amazing five day experience is sure to be one of our most spectacular as walkers trek through the beauty and solitude of the Sinai Desert with its vast open spaces and ever changing landscapes, through narrow wadis (riverbeds) and a

labyrinth of colourful canyons. If you think you can help by either taking part or displaying information posters please contact us on 0208 877 5840.

T-shirts

Prostate UK T-shirts are now available complete with our new logo and website details. If you would like one, please ask the office sending a minimum £5 donation to cover costs.

Events Diary

17 October 2008

Annual Luncheon

The Dorchester Hotel, London

1 December 2008

Carol Concert

St Paul's Church, London

14-22 March 2009

Hike for Hope

Sinai Desert, Egypt

3 April 2009

Gina McCormack in Concert

St John's, Smiths Square, London

21 June 2009

Pants in the Park

Manchester, Leeds, London, Bristol, Andover

In Memoriam and Legacies

We are extremely grateful for those supporters who, at a time of personal tragedy, ask friends and relatives to make a donation to **Prostate UK** in memory of a loved one. These are very personal gifts and they do help your charity in the battle against the ravages that prostate diseases can inflict and provide a wonderful lasting testament.

We also receive an increasing number of gifts and legacies through wills, and these too are a very personal way of remembering a special cause and offering hope to future generations. We are always amazed at the generosity of our supporters, and receiving gifts like these is a very humbling experience. Please do not hesitate to contact us if you would like further information on In Memoriam gifts or legacies.

Carol Concert

We are thrilled to announce that **Prostate UK** is going to start the Christmas season in style as our Carol Concert will take place on Monday 1 December at St Paul's Church in Knightsbridge. There will once again be a lively mixture of traditional carols, music and readings by celebrity supporters and we do hope you can join us. Please do call the office to reserve your seats.

Sex and prostate cancer

The word SEX can evoke many emotions. There are many *myths and misconceptions* regarding it! After the diagnosis of prostate cancer, sexual activity may be the last thing on your mind. For some people it is a large part of their existence, to others it is of no concern. Sexual intimacy varies between us. Circumstances may

There are certainly things that can be done

change and the ability to be sexually functional (which does not necessarily mean intercourse) can be important. During or after prostate cancer management there can be additional concerns regarding this intimate part of your life. The potential side effects of treatment can be erectile dysfunction, lack of orgasm and desire and inability to ejaculate. It is important that you and (if in a relationship) your partner, seek help. There are certainly things that can be done.

Erectile dysfunction is not uncommon after radical prostatectomy. Initially, sexual functioning may not be an issue as the patient overcomes surgery and continence issues, which are usually the initial priorities. It is important that sexual function assessment is a routine and

normal part of a patient's management. It is important to encourage penile rehabilitation quite soon after the operation by stimulating the penis to become erect as often as possible. This can involve the use of pharmacotherapy (see *Drugs - facts and figures*) and/or a vacuum constriction device.

All this may be difficult for some patients and clinicians to discuss. Recent NICE guidelines for prostate cancer suggest that before starting treatment 'patients should be offered ongoing access to erectile dysfunction services and psychosexual services'. This is definitely a step in the right direction as it helps to 'normalise' the discussion about sexual function. But many patients report that if you are not

Perhaps clinicians could be more pro-active

determinedly pro-active you will not get the help you are entitled to and need. Perhaps clinicians could be more pro-active as well.

Further information is available from the Sexual Dysfunction Association www.sda.uk.net, from the British Association of Sexual and Relationship Therapists www.basrt.org.uk and from Lorraine Grover who kindly wrote this article for us on www.lorrainegrover.com

Falling behind the US . . .

Prostate cancer death rates have fallen almost four times faster in the US than in the UK since the early 1990s,

Dr Simon Collin, from Bristol University, compared prostate cancer death rates in the UK and US between 1975 and 2004. He found that mortality rates peaked in the early 1990s at almost identical rates in both countries. But since then it declined in the US with a cumulative decrease of about 4.17% per year - almost four times the 1.17% per-year rate of decline in the UK.

Is this something to do with PSA testing? Does the fact that 57% of men over fifty in the US had a PSA test in the

past year compared to just 6% in the UK have anything to do with it? Maybe, but as reported in the *Lancet Oncology* the jury is still out on whether blood tests contributed to the better record across the Atlantic.

. . . and Austria

In 1993, one Austrian state, the Tyrol, free PSA screening tests for all men ages 45 to 75 were offered. The take up was 87% compared with 11% elsewhere in the country. The prostate cancer death rate declined by 54% in that region compared with a decline of 29% elsewhere in the country.

The researchers acknowledge, however, that routine PSA screening remains controversial, and questions such as which men stand to benefit most from screening are still unresolved.

Cryotherapy research

A US study tracking some 370 patients over ten years, whose prostate cancer had been treated with the freezing process known as cryosurgery, demonstrated that the outcomes were essentially the same as those seen with more traditional treatments. The Pittsburg team concluded that cryosurgery is an acceptable option for treating confined prostate cancer.

The National Institute for Clinical Excellence (NICE), who publish guidelines for treating prostate cancer in the UK, consider that more evidence is needed before they can recommend cryosurgery. The guidelines suggest that patients should receive cryotherapy only as part of a clinical trial.

Incidentally we are funding such a trial.

Drugs - facts and figures

Viagra: 25 mg, 50 mg, and 100 mg tablets. Most patients begin using the 50 mg pill and either increase or decrease the dosage based on drug tolerance and/or effectiveness. Recommended taking Viagra one hour prior to sexual activity – lasts approx. four hours.

Cialis: 5 mg, 10 mg, and 20 mg tablets plus the new 2.5mg. It is recommended that you start out using 10 mg tablets and either increase or decrease the dosage depending on the results achieved.

Traditionally, Cialis tablets can be taken anytime from 30 minutes to 12 hours prior to sexual activity – lasts approx. 17 to 36 hours. The lower dose tablets (2.5mg and 5mg) have just been licensed for a once-daily prescription that will allow men to attempt spontaneous sexual activity.

once-daily prescription that will allow men to attempt spontaneous sexual activity

Levitra: 2.5-mg, 5-mg, 10-mg, and 20-mg. Most people start out on the 10 mg pill and adjust accordingly. Levitra should be taken anywhere from 25 minutes to one hour prior to sexual activity – lasts approx. five hours

This data was first published in the Prostate Cancer Support Federation Newsletter. **Prostate UK** sponsored the formation of this federation of support groups. For more information e-mail www.prostatecancerfederation.org.uk

My Cancer 'Challenge' by John Crow

In March of 2002 at age 59, I was officially diagnosed with Prostate Cancer. I say officially because it is likely this disease had been lurking in the background for some time.

Having previously been fit, healthy and leading an active life, travelling the world and pursuing many hobbies, including



flying, climbing, fast cars and computers, to be told you have cancer is quite a shock to say the least.

Having served 12 years in the RAF, career advancements followed in Computer Engineering, Data Communications and the European Space Agency.

Finally, I became a Director of a successful Data Communications company, the aim being to retire at age 55. I almost achieved this goal by retiring at 56, in order to continue pursuing my hobbies and travel. BUT Cancer, intervened.

I had to take the view that this was yet another *Challenge* in life and so investigated all manner of treatments.

Problems began with the typical sign of frequent peeing, especially at night.

Call it fate if you will, but I had bought the book *Small Gland Big Problem* and having read it, knew I had a problem, so thank you Roger Kirby.

Several visits to the doctor and many antibiotics for prostatitis later, the problems were much the same. I requested a referral, which I was advised could take three to six months. This was not acceptable, so I paid to see a urologist. A PSA test revealed an alarming 27ng/ml (normal should be below 4ng/ml). By the time I had a biopsy, this had risen to 32.5ng/ml.

The biopsy indicated cancer in both lobes of the gland with a Gleason 6 score (moderately aggressive).

Bone and MRI scans did not indicate any spread outside the capsule, but the high PSA ruled out surgery, as a result of which I was advised to take the hormone therapy and conformal radiotherapy route (every day for six weeks) both of which can present some rather unpleasant side effects.

This treatment was initially successful, however the PSA started to rise again after 2 years and I was advised to recommence hormone therapy in the form of the anti-androgen (Casodex).

I knew that this treatment would not offer me a cure, and that eventually the cancer would become resistant, so I decided to look for an alternative.

I chose High Frequency Ultrasound (HIFU) which involves a probe being placed in the rectum under general anaesthetic, and high frequency ultrasound focused on the area to be treated, thus totally ablating the interior of the prostate and hence frying the cancer to death.

Mr Mark Emberton, Consultant Urologist and surgeon at the UCLH, performed my procedure in June 2006. Subsequent PSA tests and template biopsies have indicated some residual cancer, as a result of which further HIFU has been performed.

I remain well and more importantly – STILL ALIVE, so much so that I have undertaken voyages to both Antarctica and the North Pole, during this challenging time.

Had HIFU been available at the time of diagnosis, I would have opted for this

HIFU offers a repeatable, safe treatment with the least side effects and risks

method, since it offers a repeatable, safe treatment with the least side effects and risks.

May I conclude with a message to all men? Be aware of symptoms and do something about it NOW. If you are fobbed off with repeated antibiotics, insist on a PSA test, and see a urologist for further investigation if you have any doubts at all.

Anyone diagnosed with Prostate Cancer should *Fight it*, and *Beat it*. Please remember to involve wives and partners, as they suffer also.

Relevant research

Prostate UK believes in the potential of HIFU treatments like that which John Crow received. We are funding a significant part of the 'focal therapy in prostate cancer' research programme based at University College Hospital that began about two years ago. Its aim is to evaluate whether there might be benefit in destroying just the cancer areas within the prostate whilst preserving non-cancer areas. The theoretical benefit is that by destroying only malignant areas, side effects would be significantly lower and the disease controlled.

Early stage disease in younger men is more likely to be confined to one side of the prostate gland or even have one focus only. Current estimates show that men with one-sided disease may represent about one third of all patients with localised prostate cancer.

Improved techniques in MRI scanning and biopsy under anaesthetic permit accurate pin-pointing where the cancer is located within the prostate gland

New techniques, such as cryosurgery and high intensity focused ultrasound (HIFU), photodynamic therapy and radiofrequency ablation, allow us to treat the disease in a focal manner, so it is an appropriate time to carry out trials.

The team at UCH is currently running a number of trials. The first - supported by **Prostate UK** - is looking at the role of hemiablation (half-gland destruction) using HIFU in men with disease that is one-sided.

The Hemi-HIFU trial has now treated 16 men and aims to recruit over 20. Most have undergone six months follow-up and the early side-effect results have been very encouraging. Of 13 men who have had erections sufficient for intercourse prior to treatment, all have experienced a return of erections within one month. Three men had poor erections prior to treatment and now do not have sufficient erections for intercourse although there is a degree of tumescence. None of the men have had any back passage problems and there has been no incontinence.

Anyone who wishes to find out more about the research programme at UCH can contact Hashim Uddin Ahmed via email: hashim.ahmed@ucl.ac.uk

Seminars

Our seminars *The ABC of Prostate Diseases* aimed at medical professionals (GPs, Practice Nurses, Specialist Urology Nurses etc) are proving extremely popular. They qualify as in service training and are completely free. We have now scheduled the following:

3 October 2008

Manchester

14 November 2008

Cambridge

6 February 2009

London

12 February 2009
Better Health for Men

London (tbc)

17 April 2009

Birmingham

8 May 2009

Belfast

5 June 2009

Nottingham

To register please see
www.prostateuk.org
and click **Training**



Jo Ward, having completed the London marathon.

‘A marathon of two halves,’ Jo tells us. ‘The first half, I loved every minute and the second, I hated every minute. Except the last bit up the Mall, which was an incredible and unforgettable experience.’ Well done Jo, especially considering you had to pull out last year. Many thanks for the £3,500 you raised.

John Anderson retires

Readers will be sorry to learn that Prostate UK’s Chief Executive, Brigadier John Anderson, is retiring after five successful years in the role. John Anderson joined us in December 2003



after a distinguished career with the Gurkha Rifles, service in a number of our Embassies (including Rome) as Defence Attaché and a spell working with The Haven Trust – a breast cancer charity.

Prostate UK has flourished during John’s stewardship with income having risen by nearly three times and sums spent on research projects, training grants, seminars and patient information leaflets having risen similarly. This has been quite

an achievement at a time when the financial climate in which charities have had to operate has been pretty tough.

John himself has walked the walk (*quite a few*) and talked the talk (*often*) - at every

Prostate UK seminar for Health professionals and others, right across the country. To mention but three of his numerous achievements, he has recruited and built up the present staff, established a hugely successful relationship with *Wellbeing of Women* which has led to the spectacular *Hikes for Hope* and launched the popular *ABC of Prostate Diseases* seminars.

The son of a General and the son-in-law of a General, John has been fortunate to have Louise, mother of his three sons, at his side and their move to Pangbourne will enable them to see more of their grandchildren. John, a fluent Nepali speaker, will doubtless continue as a

Trustee of several Gurkha charities though how many Gurkhas there are in the Thames Valley is another matter!

Professor Roger Kirby said that John has ‘done a brilliant job’ and he thanked him for ‘his invaluable contribution over the last five years’.

Our Annual Luncheon at the Dorchester on Friday 17 October will be John and Louise’s Farewell event when we can pay tribute to John for his successful leadership. Do come!

Xmas Cards

We are delighted to announce that our stylish new designs of Christmas cards are now available for you to choose from. The details and images of the cards can be found on the enclosed order form. Our Christmas cards are the perfect opportunity to show your support of Prostate UK and a wonderful way to stop prostate diseases ruining lives.

DON'T FORGET TO BOOK

17 October 2008

Annual Luncheon

Guest Speaker: Nick Ferrari

The Dorchester Hotel, London

Abiraterone

As we go to press there is much in the media about a new drug, abiraterone, that has proved highly successful in a small Phase I trial. This trial is being done on twenty one men with very advanced prostate cancer so it is much too early to say what role the drug might have in treating others with earlier stage disease. We need the results of a much larger study to see if this early promise will be fulfilled.

One of our supporters was on the trial. Robin Wood, was given only a one in five chance of being alive by the end of 2008. Abiraterone radically changed that and he has just returned from the huge Round The Island yacht race (see Sailing article), which is a testament to his better health.